

Learning Skill Assessment: Self-regulation

Explain what “self-regulation” means to you in your own words:

1. At the beginning of each semester, do you set a goal for yourself? YES NO

2. If you answered yes to question #1, is your goal based on:

- a) the mark you want to achieve
- b) personal satisfaction
- c) what your parents expect you to achieve
- d) other _____

3. If you answered no to question #1, why do you not set a goal for yourself?

- a) don't care
- b) not necessary
- c) don't know how to set goals
- d) other _____

4. Throughout the semester, what do you use to monitor your progress?

- a) mark updates
- b) learning skills
- c) personal reflection
- d) teacher comments
- e) parental praise

5. When you need help, do you ask the teacher for help?

ALWAYS SOMETIMES NEVER

6. When you run into a challenge during class, do you work hard at overcoming that challenge?

ALWAYS SOMETIMES NEVER

7. If you didn't receive the mark that you wanted, would you:

- a) reflect upon your study habits and make changes
- b) give up
- c) find fault in others (ie: teachers, group members, clarity of assignment etc)
- d) re-evaluate classroom conduct and approach to learning